

URGENT and PRIVATE

IMPORTANT INFORMATION ABOUT YOUR HEALTH

DIRECTIONS FOR SEX PARTNERS OF PERSONS WITH CHLAMYDIA

PLEASE READ THIS VERY CAREFULLY

Your sex partner has recently been treated for chlamydia. Chlamydia is a sexually transmitted disease (STD) that you can get from having any kind of sex (oral, vaginal, or anal) with a person who already has it. You may have been exposed. The good news is that it's easily treated. You are being given a medicine called azithromycin (sometimes known as "Zithromax") to treat your chlamydia. Your partner may have given you the actual medicine, or a prescription that you can take to a pharmacy. These are instructions for how to take azithromycin.

The best way to take care of this infection is to see your own doctor or clinic provider right away. If you can't get to a doctor in the next several days, you should take the azithromycin. Even if you decide to take the medicine, it is very important to see a doctor as soon as you can, to get tested for other STDs. People can have more than one STD at the same time. Azithromycin will not cure other sexually transmitted infections. Having STDs can increase your risk of getting HIV, so make sure to also get an HIV test.

SYMPTOMS

Some people with chlamydia have symptoms, but most do not. Symptoms may include pain in your testicles, pelvis, or lower part of your belly. You may also have pain when you urinate or when having sex. Many people with chlamydia do not know they are infected because they feel fine.

BEFORE TAKING THE MEDICINE

The medicine is very safe. **DO NOT TAKE** if any of the following are true:

- You are female and are pregnant, or have lower belly pain; pain during sex; vomiting; or fever.
- You are male and have pain or swelling in the testicles or fever.
- You have ever had a bad reaction, rash, breathing problems, or allergic reaction after taking azithromycin or other antibiotics. People who are allergic to some antibiotics may be allergic to other types. If you do have allergies to antibiotics, you should check with your doctor before taking this medicine.
- You have a serious long-term illness, such as kidney, heart, or liver disease.
- If you are currently taking another prescription medication, including medicine for diabetes, consult your pharmacist before taking the medication to ask about drug interactions

If any of these circumstances exist, or if you are not sure, do not take the azithromycin. Instead, you should talk to your doctor as soon as possible. Your doctor will find the best treatment for you.

WARNINGS

- If you do not take medicine to cure chlamydia, you can get very sick. If you are a woman, you might not be able to have children.
- If you are pregnant, seek medical evaluation before taking the medicines.

HOW TO TAKE THE MEDICINE

- You can take these pills with or without food. However, taking these pills with food decreases the likelihood of having an upset stomach and will increase the amount of medicine your body absorbs.
- You need to take all the pills you were given to be cured.
- Do **NOT** take antacids (such as Tums, Rolaids, or Maalox) for one hour before or two hours after taking the azithromycin pills.
- Do **NOT** share or give this medication to anyone else.

SIDE EFFECTS

Very few people experience any of these problems. Possible side effects include:

- Slightly upset stomach;
- Diarrhea;
- Dizziness;
- Vaginal yeast infection.

These are well-known side effects and are not serious.

ALLERGIC REACTIONS

Allergic reactions are rare. If you have ever had a bad reaction, rash, breathing problems or other allergic reactions with azithromycin or other antibiotics, consult your doctor or pharmacy before taking.

Possible serious allergic reactions include:

- Difficulty breathing/tightness in the chest;
- Closing of your throat;
- Swelling of your lips or tongue;
- Hives (bumps or welts on your skin that itch intensely).
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NEXT STEPS

- Now that you have taken your azithromycin, do not have sex for the next seven days. It takes seven days for the medicine to cure chlamydia.
- If you have sex without a condom, or with a condom that breaks, during those first seven days, you can still pass on the infection to your sex partners.
- If you have any other sex partners, tell them you are getting treated for chlamydia, so they can get treated too.
- People who are infected with chlamydia once are very likely to get it again. It is a good idea to get tested for chlamydia and other STDs three months from now to be sure you did not get another infection.

Congratulations on taking good care of yourself! If you have any questions about the medicine, contact your partner's healthcare provider. For more information about chlamydia or other STDs, or to find STD testing in your area, please call the Minnesota Family Planning and STD Hotline at 1.800.78FACTS (1.800.783.2287 voice/TTY) or visit www.inspot.org/minnesota.

Adapted from *Patient-Delivered Partner Therapy for Chlamydia trachomatis and Neisseria gonorrhoeae: Guidance for Medical Providers in California*, California Department of Public Health Sexually Transmitted Diseases (STD) Control Branch in collaboration with California STD Controllers Association, March 27, 2007



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